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**Claims:**

1. (Currently Amended) A sock, particularly for use in sporting activities, which has a cuff portion and a heel portion, a cushion padding in the area of the Achilles tendon, an inner surface facing the wearer's foot and an outer surface exposed to the environment, characterized in that, the cushion padding is formed from at least two spacer cushion pads, which are positioned on both sides of and along the Achilles tendon, and a transition piece ~~is inserted~~ extending between the spacer cushion pads, and the spacer cushion pads are constructed and arranged to stand out distinctly relative to the transition piece, both the spacer cushion pads and the transition piece extending outwardly from the outer surface of the sock, the spacer cushion pads being constructed and arranged in the anatomical shape of the foot in the area of the Achilles tendon and tapering from the area of the heel portion to the cuff portion.

2. (Canceled)

3. (Previously Presented) A sock in accordance with claim 2, characterized in that, the transition piece is designed in the form of a cushion pad which has a smaller thickness than the spacer cushion pads.

4. (Previously Presented) A sock in accordance with claim 2, characterized in that, the transition piece is produced from climate-regulating fabric.

5. (Previously Presented) A sock in accordance with claim 3, characterized in that, the transition piece is produced from climate-regulating fabric.

6. (Canceled)

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7. (Previously Presented) A sock in accordance with claim 1, characterized in that, the spacer cushion pads consist of internally hollow fibers, which are surrounded by wool or cotton.

8. (Previously Presented) A sock in accordance with claim 1, characterized in that, the sock has additional cushion pads.

9. (Canceled)

10. (Previously Presented) A sock in accordance with claim 1, characterized in that, the sock has an air channel.

11. (Canceled)

12. (Previously Presented) A sock in accordance with claim 3, characterized in that, the spacer cushion pads are adjusted to the anatomical shape of the foot in the area of the Achilles tendon.

13. (Canceled)

14. (Previously Presented) A sock in accordance with claim 2, characterized in that the spacer cushion pads consist of internally hollow fibers, which are surrounded by wool or cotton.

15. (Previously Presented) A sock in accordance with claim 2, characterized in that, the sock has additional cushion pads.

16. Canceled)

17. (Previously Presented) A sock in accordance with claim 2, characterized in that, the sock has an air channel.

18. (Previously Presented) A sock in accordance with claim 3, characterized in that,

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the sock has an air channel.

19. (Previously Presented) A sock in accordance with claim 3, characterized in that, the sock has additional cushion pads.

20. (Canceled)

21. (Currently Amended) A sock, particularly for use in sporting activities, which has a cuff portion and a heel portion, a cushion padding in the area of the Achilles tendon, an inner surface facing the wearer's foot and an outer surface exposed to the environment, characterized in that, the cushion padding is formed from at least two spacer cushion pads, which are positioned on both sides of and along the Achilles tendon, and a transition piece ~~is inserted~~ extending between the spacer cushion pads, and the spacer cushion pads are constructed and arranged to stand out distinctly relative to the transition piece, both the spacer cushion pads and the transition piece extending outwardly from the outer surface of the sock, the spacer cushion pads being constructed and arranged in the anatomical shape of the foot in the area of the Achilles tendon and tapering from the area of the heel portion toward the cuff portion, said transition piece being a cushion pad having a smaller thickness than the spacer cushion pads, and said transition piece being made from climate regulating fabric.